

Responsibilities:

After you register, your main job will be to get ARF up and running in area:

Below is a comprehensive list of how to make ARF successful

- ✔ Look at what you are doing right now and see where you can best incorporate physical activity into Friday activities. Remember: you do not need a 60-minute block of time. The recommended 60 minutes of activity can be accumulated: add 5-10 minutes where you can throughout the day. Short bursts of activity are great for keeping kids on-task and motivated.
- ✔ Be prepared to be a **ROLE MODEL**. Yes, that means you need to be physically active and to eat nutritiously, too. It is important to be a 'well-balanced model'...you do not need to be the best athlete out there or restrict food groups. It is your responsibility to model moderation!
- ✔ Let parents know about the ARF movement and their role in getting the kids active. Explain to the youth what ARF is, the goals of the *Movement*, how to be more active, and how to track activity.
- ✔ Update the master tracking sheet each week (this will only take a couple minutes) and report progress every 6 weeks (the annual schedule accompanies your registration). Utilize the ARF CD and/or some of your own ideas to keep kids active on Fridays...encourage them to strive for 60 minutes of activity *every* day of the week! If you do not meet with your group on Fridays, when you **ARE** together be sure to demonstrate activities that they can do to be active on Fridays.
- ✔ Utilize the coordinator tools on the CD. Get the word out about ARF in your area of the state with the promotional materials.
- ✔ Contact local businesses about supporting your *Movement* by donating prizes, providing funding, or sponsoring special activities (i.e. Friday Family Nights, Friday Field Days, etc.)
- ✔ Share your success stories with the rest of Nebraska. If things are going great or you have a fun activity/healthy recipe...fill out the newsletter submission form and e-mail arf@hhss.ne.gov
- ✔ Fill out **SHORT** evaluation form. A maximum of 4 individuals will need to fill these out per site. The evaluation will be filled out by yourself and **ONE** (1) participant from each age level (pre-school-aged, elementary-aged, or middle-school-aged)
- ✔ Running into barriers? Need help? Contact ARF Headquarters by e-mail: arf@hhss.ne.gov or talk to an experienced ARF Coordinator in your area.